

WESTFORD COUNCIL ON AGING NEWSLETTER

APRIL 2015

THE COUNCIL ON AGING OFFICE HOURS ARE:

MONDAY TO FRIDAY 8:00 AM—4:00 PM

THE TELEPHONE NUMBER IS 978-692-5523.



MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire FranceRecords Supervisor
Marjorie HunterRegistrar
Jean MahoneyRegistrar
Eugene JungbluthLead Van DriverAdmin
..... Lead Van DriverDispatch
Marie LawrenceNutrition Site Manager
Christopher MitchellMaintenance
Peter MurphyEvening Supervisor
Katherine Russell.....Vol./Act. Coordinator

COUNCIL ON AGING BOARD MEMBERS

Helena CrockerChair
Robert TierneyVice Chair
Nancy CookClerk

Dorothy Hall, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

FRIENDS OF THE CAMERON OFFICERS

Richard SeverynPresident
Joan GreenwoodVice President
Joyce CederbergSecretary
Marjorie HunterTreasurer
Diane MudgettAsst. Treasurer

The Cameron Senior Center will be Closed on Monday, April 20th for the Patriot's Day Holiday.

GAY NINETIES CELEBRATION - The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 19th from 10:30 AM – 2:30 PM at the Franco American Club**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM, along with raffles and entertainment. **Advanced registration is necessary, at 978-692-5523 before May 9th.** If you were born in 1925 or earlier, please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring one guest and they will be seated at your table. Transportation is available. **This is open to all Westford Seniors only.** There is no charge for this special event.

YARD SALE - On **Saturday, April 25th from 9 AM-1 PM**, The Friends of the Cameron Senior Center will sponsor an indoor yard sale at Cameron. We are in need of your yard sale donations in good condition. Donations should be brought to the Cameron (rear of building red door) on Friday, April 24th from 1 – 3 PM. Table space is available to rent from us at \$15 per table. You need to complete an application. Please contact us at 978-692-5523. **Checks are to be made payable to Friends of the Cameron Senior Center.** Volunteers are needed for set up on Friday, April 24th from 12:30-4 PM and clean-up on Saturday, April 25th from 12:45 -2:30 PM.

SPRING CLEAN UP – New Guidelines

Please know that due to growing numbers of seniors requesting the service and limited volunteer hours available, we will be prioritizing seniors with a demonstrated need (financial, physical) etc. We asked that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. For those that meet these guidelines and have signed up by our March 27th deadline we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make the cleanup arrangements. If you have any questions feel free to contact Annette, the Outreach Worker at 978-399-2326.

GOLF

Are you interested in playing 9 holes of golf on Tuesday mornings starting May 5th at Quail Ridge on Great Road in Acton? Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. Arrive at Quail Ridge at 8:30 AM and pay at the Club house. Be ready to hit the links by 9AM. A good way to meet other people and play a round of golf.

FAITHWORKS

Folks that were referred to this opportunity and it was deemed that their work requests can be met, will benefit from three local Methodist Churches working together to offer a day of service on **Sat. May 9th from 8:30-3:00**. Adult volunteers will devote their time to help seniors who need assistance with minor household repairs or yard work. Any questions please contact Annette Cerullo, Outreach Coordinator at 978-399-2326.

LUNCH & LEARN PROGRAM

Please register for the Lunch and Learn Program's at the **front desk at 978 692 5523 as soon as possible so that we can plan for food. Space is limited to 18 people.**

April Lunch and Learn will be **April 10th at 12:15pm** and is going to be Jewelry Making and due to the anticipated interest of this program the class availability is limited and an additional class will be added. Lunch will be donated by **RiverCourt** in Groton.

Join us on **Friday, May 8th for a free lunch at 12:15 pm** followed by a demonstration on making a natural spring wreath for your home. The gorgeous wreaths here at the center were donated by her. The instructor is willing to show us her talents and teach us how to do the same with simple items from your yard. This class is simply a watch and learn, not a hands on activity. You will leave the class with the knowledge of how to create one at home. Sign up quick! Lunch provider to be determined.

CAMERON CLOSET

Still accepting donations of clean and in good condition Spring and Summer Clothing. Shopping hours are Monday – Friday, 9AM -3PM.

MONTHLY MOVIE

A movie will be shown on the **third Friday of each month at 1:30pm** at Cameron in the main welcome area. Please sign up at the front desk by calling 978 692 -5523. Our Second Movie will be on **Friday April 17th at 1:30pm** and it will be **Shutter Island (2010) with Leonardo DiCaprio**. Any Movie Suggestions please let Katie know by email krussell@westfordma.gov or call 978 399 - 2330.

VOLUNTEER CORNER**VOLUNTEER/ACTIVITIES**

Please Join our Team! We are always welcoming and looking for new Volunteers and Activities so if you are interested please give Katie a call. 978 399 2330 or send her an email

krussell@westfordma.gov

Areas and programs that are looking for more volunteers:

Woman's Breakfast: Need more volunteers to help set up, and break down for the Woman's Breakfasts that takes place on the second Thursday of every month between September and May. If Interested please contact Katie at 978 399 2330.

Fitness Room: Seeking monitors please contact Katie If interested at 978 399 2330.

SALAD BAR - Our salad bar will be returning to Cameron on **Thursdays and Fridays 11:30 AM - 12:15 PM starting May 7th**. The success of this salad bar depends on your participation!

FOOD PANTRY

The Westford Community Food Pantry is located at the Senior Center and staffed by volunteers. The hours for **April** are as follows:

- **Monday's, April 6th & 27th** —1:00-3:30 PM
- **Wednesday's, April 1st & 15th** - 8:30-11:30 AM
- **Thursday's, April 2nd & 16th** -8:30-11:30 AM & 6-8 PM
- **Friday's, April 3rd & 17th** -8:30 - 11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron.

DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?

- If you are 60 years or older, you may qualify for food assistance. For more information call the Food Source Hotline at 1-800-645-8333.

LUNCH - The Merrimack Valley Nutrition Program provides anyone age 60 and over with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 8:00 - 10:00 AM to make your reservation. The donation is \$2.00. If spouse/partner is under the age of 60, the meal cost is \$4.50.

MEALS ON WHEELS - Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals, a special diet with a doctor's authorization is available. Let us assist you Monday through Friday by delivering meals to your door around

noontime. Call 1-800-892-0890 to register.
Volunteer drivers wanted, call 978-399-2330.

ACTIVITIES

Cameron will be closed on Monday, April 20th for the Patriot's Day Holiday. Confirm class dates and times with your instructors.

IMPORTANT NOTICE: Thank you to the Friends of the Cameron Senior Center; Programs are now free thanks to their generosity. Please thank them and maybe consider a donation to them.

AEROBICS with Elaine - Classes are on Wednesday's at 9 AM and Friday's at 8:30 AM.

ART-OPEN STUDIO - Any person who paints in oils or watercolors is welcome to join our open group on **Mondays, from Noon to 3 PM.**

UPBEATS BAND MUSIC - If you love music, play an instrument and want to have fun, come join the Band on **Tuesday mornings from 10:15—11:30 AM.** Hope to see you there!

BILLIARD TABLE - Billiard table available for your enjoyment **Monday through Friday 8 AM - 3:30 PM.** Players are available on Mondays & Fridays if you would like to come and partner up. *The result of the recent tournament; Mike Priest is the new reigning champion, Congratulations Mike!*

BINGO - Monday's, 1-3 PM & Thursday's, starting at **6:45 PM**, doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance. **In case of inclement weather, call before 4 PM, at 978-692-5523.**

BONE BUILDERS - Morning classes are on **Monday and Wednesday at 9:30 AM.** Afternoon classes are on **Tuesday and Thursday at 1 PM.** Please call 978-692-5523 to enroll in this program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting a class.

BOWLING - **Wednesdays, at 9:00 AM** at Brunswick Lanes in Lowell. Call Jack at 978-692-7889 for more information. Looking for 3-4 people to form another team. There is a fee to bowl.

MEN'S BREAKFAST April Men's Breakfast will be on **Tuesday, April 14th at 8AM.** Our presenter will be Ed Alessi, a licensed social worker, who teaches at several local Universities. He will speak about **"Getting the Most out of Life"**. We expect this to be a fun-filled presentation that will explore the many possibilities of how one can make life more enjoyable and satisfying.

Tuesday, May 12th, our presenter will be Ellen Harde with **"Westford-A Sense of Community"**-a slide show created by the League of Women Voters of Westford for the 250th anniversary of our town.

Please RSVP at least 2 business days ahead of time so that we can plan for food. RSVP by calling 978-692-5523 or email achristopher@westfordma.gov.

WOMEN'S BREAKFAST Breakfast is at 8am. Please RSVP at the front desk or call 978 692 5523 at least two business days ahead of time to so we can purchase enough food. **Thursday, April 9th at 8am** the topic will be "How to keep your retirement savings to last throughout your retirement" presented by Will Ewell. The next Woman's Breakfast will be on **Thursday May 14th at 8am** this will end the Women's Breakfast series for this session and we will start again for the fall session on Thursday, September 10th.

INTRO-COMPUTER - If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We have WiFi.

CHAIR MOVEMENT EXERCISE - **Tuesday's, 10:15—11:15 AM and Thursday's 10:00—11:00 AM.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructors are Jo and Carol.

CRIBBAGE - This game minded fun group meets every **Wednesday from 1 to 3 PM.** Come join us!

DARTS - Dart board is set up in Billiard Room for your enjoyment, when ping-pong is not in use.

FITNESS/STRENGTH TRAINING ROOM Come join the 490+ seniors who are getting fit the Cameron Way! The Fitness Room hours are **Monday - Friday, 8 AM-3:30 PM.** Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form. Annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration forms are available at the Cameron Front Desk. You may be eligible for reimbursement through your insurance. There is a Fitness Room fee.

GENEALOGY WORKSHOP - Every third Tuesday of the month, **Tuesday, April 21st from 9AM—12 Noon.** Call 978-692-5523 to schedule an appointment.

HAND AND FOOT A variation of Canasta. Come play this fun game every **Thursday from 1—3:30PM.** We have a great time and would welcome new players.

KNITTING-BUSY FINGERS - New participants are always welcomed! This group meets every **Monday & Wednesday in the Welcome Area from 1-3 PM** to make knitted and crocheted items. Great conversation; bring your project and come join us!

ASK THE LAWYER - Free legal service provided by the office of Attorney's Madge & Johnson is available to all Westford seniors age 60 and over by appointment only.

The next date is **Tuesday, May 5th at 9:00 AM**. Please call 978-692-5523 to reserve a time.

MUSIC MAKERS Meet on **Friday's from 9 to 10:30AM**. Welcome to our new music Director, Tom Boyer.

PING PONG - Ping Pong is actively happening on **Fridays at 10 AM**. Come join the other players for some light hearted competition!

QUILTING CLUB - The Cameron Quilters are a group of dedicated quilters who make and donate comfort quilts for elders and children. Stop by and join them on **Monday's at 9:30 AM**. All skill level quilters are welcome.

MEET THE REALTOR - Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron on **Monday, April 13th at 10:00 AM**. Please sign up by calling 978-692-5523.

RESTAURANT REVIEW

Be sure to mark your calendars for our next outing on **Wednesday April 29th, at the new Seoul Kitchen 142 Littleton Rd. Westford (Rte. 110, across from Chilis)**. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

SCRABBLE - Our friendly group would love to welcome new scrabble players of any level! Please come and join us for some interesting and light hearted fun on **Tuesday's from 1 - 3:30 PM. Try us out!**

T'AI CHI - Classes are on **Monday's at 1 PM** and are opened to new participants each week. Please call and register at 978-692-5523.

Wii

Will start on **Friday, April 3rd at 1 PM in the computer room**; so if you are interested in participating and partnering up please come and join us! The Wii is available at other times as well.

GENTLE STRETCH YOGA - Gentle Stretch Yoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. Our instructor is a certified yoga and older adult fitness instructor. This weekly class is held on **Tuesdays from 9-10 AM and Wednesdays, from 1:30-2:30 PM**. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

BASIC ZUMBA - Basic Zumba is a great way to get moving and have fun. Join Carol our instructor on **Tuesdays at 8:15 AM and Thursdays at 9:00 AM**. Ask about the reimbursement program.

MEDICAL INFORMATION

DIABETIC SHOE CLINIC - All diabetics on Medicare are entitled to one new pair of diabetic shoes and inserts every calendar year. Register for a shoe fitting. At the Clinic, your feet will be measured and their condition assessed along with a good shoe recommendation. The

shoes will be ordered and a return date scheduled when the shoes arrive to make sure the shoes fit properly along with any inserts. Amy from Ace Medical Supply will be here on **Thursday, May 28th at 1:30 PM** to assess your feet. Each appointment takes about 10 minutes. When you pre-register you must pick up an information packet to be completed by your physician. It is mandatory that you bring the completed paper work signed by your doctor and insurance information to the fitting. **Shoe distribution at the Cameron TBD**. If registering by phone at 978-692-5523 please give us your mailing address to allow us to mail you the paperwork.

SHINGLES VACCINATION PROGRAM - The Health Department will be scheduling shingles appointments. The date TBD. To schedule an appointment or for more information please call 978-399-2548.

PRESCRIPTION ADVANTAGE - Do you need help with prescription drug costs? Prescription Advantage may be your answer. Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income less than \$35,011 for a single person and \$47,191 for a married couple. (There is no asset limit!) For more information call your Senior Center (978-692-5523) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Prescription Advantage has a new web-site! www.prescriptionadvantagemma.org. It includes: Benefit & eligibility information, the most recent application forms & rate sheets and a secure, user-friendly **on-line application**.

SHINE - If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions, please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, April 13th at 1 PM**.

"DO I NEED A VITAMIN PILL"

Presented by Boston Celtics Nutritionist Joan Buchbinder. Joan will review the role of vitamins and minerals in food, and how they impact the health of your body. She will review dietary sources of each major vitamin and mineral.~ Bring in your supplements (if you take them) and she will review them with you!

Date: Monday, May 4th
Location: Town Hall
Time: 4:15-5:30

Register by Friday, May 1st by calling 978 692-5509.

minute appointment with Dr. Megan from HearSmart Audiology located in Littleton, MA.

Did YOU Reach the "Donut Hole" last year?

If so... chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!.....This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their web-site at: www.prescriptionadvantagemma.org.

The money you save can be your own!

FITNESS REIMBURSEMENT - As an incentive for people to get fit and stay healthy many health insurance companies offer a Fitness Rebate up to \$150. for participating in an approved fitness center. The Westford COA is an approved center for several insurance companies, please check with yours. You need to contact your insurance company by phone or on line to get the Fitness Rebate Form, complete it with proof of your membership to a fitness center and proof of payment and submit it for the previous year's fitness. Most companies have a deadline of early spring so now is the time to submit for your rebate.

PODIATRY CLINIC - Our podiatrist, Dr. Aileen Gregorian will be at the Senior Center on **Monday, May 11th at 9:30 AM. The cost of the clinic is now \$30.** Appointments are necessary; please call 978-692-5523.

BLOOD PRESSURE & MORE - These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at the Senior Center the dates and times for **April** are:

- First Tuesday of the month, **April 7th - 9:30-10:30 AM** with the Board of Health.
- Fourth Monday of the month, **April 27th 8-10 AM** with Circle Home, Inc. on the second floor at Cameron.

BOARD OF HEALTH CLINIC - Hearing/Hearing Aid Screening - Monday, April 13th from 9:30 - 11:30 AM.
Location: Cameron Senior Center. Appointments only.
Call the Board of Health at 978-692-5509 to book your 40

TRANSPORTATION

Save gas and utilize Cameron's transportation! For your everyday rides call 978.399.2322 to reserve your seat on a van for your medical or social appointments! Every Wednesday we pick up around town for Market Basket, please call ahead! The cost for a round-trip ride within Westford is \$3, for surrounding towns is \$6, and \$8 for out-lying towns. Should you need to cancel the day of your transport, please call the front desk at 978.692.5523.

FINANCIAL

PROPERTY TAX PAYMENT

Monday, April 27th at 12:15PM, someone from the Tax Collector's Office will be at the Senior Center to accept tax payments. You must pay by check and you need to have your tax bill with you at that time. We are handicap accessible.

2014 CIRCUIT BREAKER

Maximum credit: \$1,050. Minimum Age: 65(as of 31 Dec 14). If filing a joint return, only one needs to meet the minimum age requirement. Maximum Total Income: Single Return - \$56,000, Head of Household Return - \$70,000, Joint Return - \$84,000. Maximum Assessed Value of Home: \$691,000 (only applies to homeowner). Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority).

If your home is owned by a trust:

If the trust is a **revocable trust** (also known as a living or grantor trust) and you are the trustee, you are treated as a homeowner. If you are not the trustee, you are treated as a renter. If the trust is an **irrevocable trust**, you are treated as a renter.

If you live in the home under the terms of a life estate which requires you to pay the real estate taxes, you are treated as the homeowner unless the home is owned by an irrevocable trust. If the home is owned by an irrevocable trust, then you are treated as a renter.

FUEL ASSISTANCE APPLICATIONS

FUEL ASSSISTANCE: New applicants' appointments began in November at the Senior Center for all residents by calling Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities. If you received a renewal application in the mail and need assistance completing it please call Alison at 978-399-2325 or Annette at 978-399-2326.

HOUSEHOLD

MAXIMUM GROSS

SIZE	INCOME
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

OUTREACH

Spring is here and it's a wonderful time of year for home visits. If you would like to discuss an issue, learn more about senior resources or have some questions, please call your Outreach Worker, Annette at 978-399-2326. I can come to your home or you can meet with me at the senior center. All matters are held in the strictest of confidentiality. I look forward to talking with you.

SUPPORT GROUPS

We are now posting several local support groups on our town website for your reference. Simply go to www.westfordma.gov/coa, click on Services/Programs and then click on Support groups for listings. If you have further questions please feel free to contact Annette, Outreach Coordinator or Alison, Social Worker at 978-692-5523.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Support Group for Caregivers of Patients with Alzheimer's & Related Dementias meets at the Cameron Senior Center, 20 Pleasant Street on the first Wednesday of each month at 6:30 PM. For information, please contact Sandy at 978-758-6072.
- Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30 pm. For information call 978-251-8880.

COMPANION & RESPITE CARE - For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call the Chelmsford Senior Center at 978-251-8491.

DID YOU KNOW?

Manicurists and hair dressers are required to be licensed in Massachusetts but the state ***no longer requires licensure of home health agencies***. Folks that want to open a home health business no longer need to apply to the Executive Office of Labor and Workforce Development, Department of Labor Standards. Medicare/Medicaid certification is also not a requirement for conducting a home health service. This raises many concerns and questions for folks. Hiring home care help for yourself or a loved one can be stressful. Jim DiGiorgio of Senior Helpers, a Westford Home Care Agency, will be here **Monday April 27th at 6:30 p.m.** to discuss some of these challenges including the difference of hiring private

and non licensed providers vs. certified home care agencies. Come join us for an open dialogue and opportunity to get some answers to your questions. Please sign up at 978-692-5523.

MISCELLANEOUS

A MATTER OF BALANCE This popular 8 week class will begin on Thursday, April 23rd. If you did not attend the Information Session in March, but are interested, please call 978-692-5523 for more information.

WALK FOR HUNGER

The Greater Lowell Walk for Hunger will take place on **Saturday, April 4th** (rain or shine). Many charities benefit from the walk, including the Westford Community Food Pantry. For more information go to www.glfwfh.org.

REMINDER: Since we have just changed our time by Springing forward one hour; we would like to remind you to check your smoke/carbon monoxide alarms. Each Spring and Fall, the Council on Aging and the Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call 978-692-5523. You will be notified when the Fire Department is available. Please note: Smoke detectors should be replaced every ten years.

"ASK THE OFFICER" - Westford Police Department Family Services Detective, Nirisa Nicoletti, will be available for consultation at Cameron on the **2nd Thursday of each month from 11AM to 12 Noon** – she will be here on **April 9th**. You may call 978-692-5523 for an appointment or walk-in.

VETERANS SERVICES - Meet with the Westford Veterans' Agent/Veterans Service Officer, Terry Stader on Thursdays between 8 AM and noon at the Cameron Senior Center. His regular office is located in the Millennium Building behind Abbot School located at 23 Depot Rd and is open Monday thru Thursday, 8:00 AM until 4:00 PM. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

SOCIAL DANCE

Our February Dance had to be cancelled due to snow (surprise) and will likely be rescheduled for late May. The date is still to be determined. Annette 978-399-2326.

HANDYMEN

We are fortunate to have a few men who have graciously volunteered to help our local seniors on fixed incomes with small projects i.e. hanging curtain rods, moving air

conditioners, fixing lamps, small paint/carpentry jobs, etc. If you have a job that you need assistance with call your Outreach Worker, Annette to discuss it at 978-399-2326.

SODA CAN TABS We continue to collect the flip tops from your soda and vegetable cans. Our collection container is on top of the piano in the multi-purpose room. These flip top rings help support the Shriners.

BREAKFAST - A healthy nutritious breakfast is now available Monday-Friday from 8:30 9:30 AM at Cameron. The breakfast includes oatmeal, muffin, milk and juice. Breakfast to go is also available throughout the day by stopping at the front desk. We ask that you sign in so we can track the usage. Limit one breakfast per person per day.

ELECTRONIC MAIL - Are you willing to receive your monthly COA newsletter by email? **WE ARE LOOKING TO REDUCE OUR POSTAGE COST and this would help us.** Contact cfrance@westfordma.gov and let her know your name and address as it appears exactly on this newsletter label and she will inform you how you can sign up on line.

WE NEED YOUR HELP

Please we need you to swipe in on My Senior Center. Swiping in provides us with the data to be used when applying for grants and submitting Annual Reports to the State. Please assist us by swiping in. Thank you.

NOTARY PUBLIC - Contact our Social Worker Alison at 978-399-2325.

WISH LIST - We are looking for small prizes for the Gay 90's Luncheon such as gift cards, gas cards, gift certificates, items suitable for both men and women. We are also in need of a tea kettle. Thank you.



"KISS ME KATE" - Shakespeare's Taming of the Shrew meets Cole Porter! Presented by the Concord Players. Senior Open Dress Rehearsal, Thursday, April 23rd at 8 PM, 51 Walden Street, Concord, MA. Open seating, \$10 at the door.

WESTFORD OVER 30 SOFTBALL LEAGUE NEEDS PLAYERS

The Westford Over 30 Softball League is taking draft applications for the 2015 season. Our slow pitch league runs from May to August and plays a 24-game schedule followed by playoffs. The draft is open to men 30 years or older. In addition, to be eligible you must either be a Westford resident, or an employee of a

Westford business, or a graduate of Westford Academy. If interested, please go to (<http://eteamz.active.com/westfordover30sb/>) for a draft application or (<https://www.facebook.com/WestfordOver30SlowPitchSoftballLeague>) for more information about the league. The draft will occur on April 6th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2015	Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert.	1 BBQ Pork Patty Sweet Potato Fries Kernel Corn Peach Cup Hamburger Roll	2 Roast Turkey with Gravy Whip Potatoes Broccoli & Cauliflower Cranberry Sauce Sherbet Multigrain Bread	3 Good Friday No Meal Served
6 Rotisserie Chicken Herb Whip Potatoes Scandinavian Vegetables Peaches Whole Wheat Dinner Roll	7 Krunch Lite Fish Potato Wedges Ketchup Peas & Carrots Fresh Apple Whole Grain Bread	8 American Chop Suey Green & Gold Beans Parmesan Cheese Pineapple Cup Italian Bread	9 Salmon, Broccoli & Pasta Alfredo Fig Bar Oatmeal Bread	10 Chicken/Sweet & Sour Sauce White Rice Calif. Blend Veggies Butterscotch Pudding Diet Pudding Dinner Roll
13 Meatballs & Marinara Sauce Oven Brown Potatoes Broccoli & Cauliflower Parmesan Cheese Applesauce Sub Roll	14 See Site Special Chicken Tetrizzini Scandinavian Blend Veggies Cranberry Sauce Peaches Whole Wheat Dinner Roll	15 Honey Curry Chicken White Rice Vegetable Medley Fresh Orange Whole Wheat Bread	16 Birthday Dinner High Sodium Meal Baked Ham with Raisin Sauce Whipped Potatoes California Blend Veggies Birthday/Holiday Cake Diets & MOW'S Plain Cake Multigrain Bread	17 Potato Crunch Fish Dirty Rice Peas & Carrots Ketchup Sherbet Dinner Roll
20 Patriot's Holiday No Meal Served	21 Chicken Nuggets Sweet & Sour Sauce Rice Pilaf Italian Blend Veggies Pineapple Whole Wheat Bread	22 Stuffed Peppers Brown Rice Green & Gold Beans Ice Cream Cup Dinner Roll	23 Roast Pork with Gravy Baked Potato with Low Fat Sour Cream Peas & Carrots Peaches Whole Wheat Dinner Roll	24 Baked Salmon & Dill Sauce Roasted Red Potatoes Scandinavian Vegetables Fresh Apple Multigrain Bread
27 LS Hot Dog Baked Beans Mustard Coleslaw Fresh Orange Hot Dog Roll	28 Breaded Chicken Fillet Roasted Red Potatoes Broccoli & Cauliflower Cranberry Sauce Fruit Cocktail Whole Wheat Bread	29 Shepherd's Pie (Seasoned Ground Beef, Whip Potatoes & Corn) Regular Gelatin Diet Gelatin Multigrain Bread	30 Macaroni & Cheese Zucchini & Tomatoes Pears Oatmeal Bread	MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2015</p>		<p>1</p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM Alzheimer's Sup. 6:30 PM</p>	<p>2</p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</p>	<p>3</p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM Wii 1:00 PM</p>
<p>6</p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM SHINE 1 PM</p>	<p>7</p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</p>	<p>8</p> <p>Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p>9</p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Women's Breakfast 8:30AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM</p>	<p>10</p> <p>Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Lunch & Learn 12:15 PM Wii 1:00 PM</p>
<p>13</p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Hearing Clinic 9:30 AM Meet the Realtor 10 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</p>	<p>14</p> <p>Men's Breakfast 8:00 AM Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Blood Pressure 9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</p>	<p>15</p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p>16</p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM</p>	<p>17</p> <p>Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Wii 1:00 PM Movie 1:30 PM</p>
<p>20</p> <p>CLOSED PATRIOT'S DAY HOLIDAY</p>	<p>21</p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Genealogy 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</p>	<p>22</p> <p>Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p>23</p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM</p>	<p>24</p> <p>Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Wii 1:00 PM</p>
<p>27</p> <p>Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Property Tax 12:15 PM Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM</p>	<p>28</p> <p>Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM</p>	<p>29</p> <p>Breakfast 8:30-9:30 AM Aerobics 9 AM Bone Builders 9:30 AM Busy Fingers 1 PM Cribbage 1 PM Gentle Yoga 1:30 PM</p>	<p>30</p> <p>Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM</p>	

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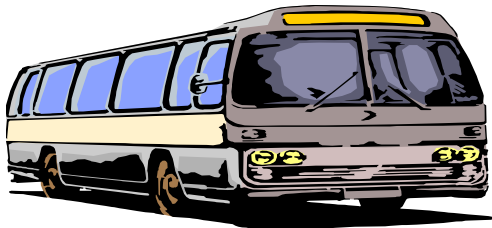
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DAY TRIPS

Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to ‘Town of Westford’. Please, only register for self and spouse/companion for the trip. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, April 7th, Foxwood’s, Buckingham Motor Coach departs from the Franco American Club at 7:15 AM. The fee of \$30 includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Tuesday, April 21st, ‘Neil Sedaka’ join Best of Times as you travel to Mohegan Sun for this show. The cost of this trip is \$92 p/p (includes show ticket & \$30 casino gaming package [bets & Meal Voucher] & driver gratuity). Please call 978-692-5523 to register. Departure time from Franco TBD.

Monday, May 11th, “Gloucester Lobster Cruise”, join Fox Tours as you travel to the scenic North Shore and board the Beauport Princess Cruise Ship for a delicious New England Clam Bake and a narration by your Captain, about the sights you will be viewing. After, you will travel to nearby Salem Visitors Center to view displays that focus on maritime history of this area. You will return home at about 5:30 PM. Departure from the Franco at 8:30 AM. The all inclusive cost, including driver gratuity is \$87.p/p.

Tuesday, June 9th Mohegan Sun - Buckingham Motor Coach departs from the Franco American Club at 7:15 AM. The fee of \$30, includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Wednesday, June 10th, North Shore Music Theatre presents “Dreamgirls”, the story of an up-and-coming 1960’s girl group and all that comes with fame and fortune. Depart at 10 AM from the Franco on your luxury Silver fox Coach. Lunch will be at the Danversport Yacht Club with a choice of fresh baked scrod or baked chicken. Then you travel to the Theatre for your matinee show. Return home at about 5:30 PM. The all inclusive cost, including driver gratuity is \$102.p/p.